



YOUTH

curriculum resources

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Faith Questions • Simple Sundays • Informed

FAITH QUESTIONS	# of sessions	SESSION TITLES	PRICE
Being Presbyterian	6	"How Did the Presbyterian Church Get Started?," "Why Are We Called Presbyterians?," "How Is Worship in a Presbyterian Church Different from Other Churches?," "What Do Presbyterians Believe About God?," "What Do Presbyterians Believe About the People of God?," and "What Do Presbyterians Do?"	\$14.40 print
Called	4	"Why Isn't Belief in Jesus Enough When You Are a Christian?," "Do I Have to Be a Pastor to Serve God?," "Is Church the Only Way to Serve God?," and "What Does It Mean to Be Called by God?"	\$14.40 print
Christianity and...	4	"Do All Paths Lead to the Same God?," "Why Do Christians Believe in One God?," "What Do Other Religions Believe about Jesus?," and "How Should We Treat Non-Christians?"	\$14.40 print
Church	4	"Why Do We Sing in Church?," "Why Do We Worship on Sundays?," "Why Do You Go to Church If You Believe in God?," and "Isn't It Enough to Believe in God and Jesus and Lead a Good Life?"	\$14.40 print
Deep and Wide	4	"Why Isn't Belief in Jesus Enough When You Are a Christian?," "Do I Have to Be a Pastor to Serve God?," "Is Church the Only Way to Serve God?," and "What Does It Mean to Be Called by God?"	\$14.40 print
End Times	4	"What Do Presbyterians Believe about the Second Coming?," "Will I Be Left Behind?," "How Will We Know Who the False Prophet Is?," and "How Long Will It Be until Jesus Comes Back?"	\$14.40 print
Faith and Science	4	"Is Science More or Less True Than the Bible?," "How Old Is the Earth?," "Why Do People Put Jesus and Darwin Fish on Their Cars?," and "Does God Really Care If I Pass Chemistry?"	\$14.40 print
Forgiveness	6	"What Motivates God to Continue Loving Us?," "Why Did God Make Humanity So Sinful?," "If We Are All So Bad, Why Doesn't God Just Start Over in Another World?," "Is Anything Unforgivable?," "Why Should I Forgive?," and "How Do I Forgive?"	\$14.40 print
God	6	"Where Is God?," "Who Is God?," "Why Did God Allow Sin into the World?," "Does God Know What Will Happen Before It Happens?," "Does God Cry When We Cry and Laugh When We Laugh?," and "Why Do People Believe (or Not Believe) in God?"	\$14.40 print
God's Creation	4	"How Are We Related to God's Creation?," "What Does the Old Testament Say About Taking Care of Creation?," "What Would Jesus Recycle?," and "What Else Can I Do to Be a 'Green' Christian?"	\$14.40 print

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Gospels	4	"Why Are There Four Books about Jesus?," "Does Jesus Really Want Me to Give Up My Cell Phone?," "Can I Really Follow Jesus?," and "What Am I Supposed to Do Now?"	\$14.40 print
Grace and Gratitude	4	"What is grace?," "Why do I need grace?," "Does grace mean I can do anything I want to?," and "How does God's grace change my life?"	\$14.40 print
Heaven and Hell	4	"What Happens When You Die?," "What Is Heaven Like?," "What Is Hell Like?," and "How Can I Get Into Heaven and Stay Out of Hell?"	\$14.40 print
Holy Spirit	4	"Who Is the Holy Spirit?," "How Do We Sense God around Us?," "What Does the Holy Spirit Do For Us?," and "What Does the Holy Spirit Do Through Us?"	\$14.40 print
I Believe	4	This four-session study explores the questions: "Where Do My Beliefs Come From and How Do I Know They're Legitimate?," "What Do I Believe?," "Who Do I Believe In?," and "How Do My Beliefs Affect How I Live My Life?"	\$14.40 print
Jesus Christ	4	"How Is Jesus God?," "Why Do We Pray 'In Jesus' Name?," "What Makes Jesus So Great?," and "Who Do You Say I Am?"	\$14.40 print
Justice	4	"Who Exactly Are My Neighbors and Why Do I Have to Help Them?," "Why Do I Have to Help People Who Aren't Willing to Work to Help Themselves?," "Does God Really Expect us to Stand Up for Things When Doing So Could Put Us In Danger?," and "God Wants us to Help People, but Couldn't god Just Do It On God's Own?"	\$14.40 print
Money	4	"Is It Okay to Pray for More Money?," "What's So Wrong With Wanting Money?," "What If I Don't Have Any Money?," and "Are We Really Supposed to Give Our Money Away?"	\$14.40 print
New Testament	4	"Why Do Some Churches Wear Red on Pentecost?," "Why Do Some of the Books in the New Testament End with --ans?," "Why Does the New Testament Talk Down to Women?," and "What's Revelation All About? (And Should I Be Worried?)?"	\$14.40 print
Old Testament	6	"What's This I Hear about Different Creation Stories?," "Why Does God Seem So High-Strung in the Old Testament?," "Why Are Parts of the Bible So Boring?," "Why Should a Book Like Judges Be Important to My Faith?," "What's Up with David's Census?," and "Why Should Christians Pay Attention to the Old Testament?"	\$14.40 print
Politics	4	"Is God a Republican or a Democrat?," "Is It a Sin Not to Vote?," "Why Do Some Politicians Lie and Make Bad Decisions in Their Personal Lives?," and "Is It OK or Not OK to Talk about Politics at Church?"	\$14.40 print
Prayer	6	"What Is Prayer?," "Why Is Praying Important?," "Does God Answer Prayer?," "Why Does God Answer Our Prayers in Ways That Are Hard to Understand?," "What Is a Prayer of Confession?," and "Do We Really Have to Close Our Eyes While Talking to God?"	\$14.40 print
Reformed Theology	6	How Do We Know God Is Trying to Tell Us Something?, "Is God in Charge of Everything? Really, Everything?," "Why Do I Do Bad Things?," "Is Everything Predestined, or Do I Have Free Will?," "If the World Belongs to God, Why Do I Have to Worry about It?," and "What Is Reformed about My Church?"	\$14.40 print

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Relationships	4	"Does God Love Me?," "I Know We're Supposed to Love Our Neighbors as Ourselves, But What If I Don't Love Myself?," "What Kind of People Does God Want Me to Be Around?," and "How Can I Honor My Parents When I Don't Feel Like I Love Them?"	\$14.40 print
Sacraments	4	"Why Do We Have Only Two Sacraments When Some Churches Have Seven?," "What's the Big Deal about the Sacraments?," "Why Do We Get Baptized as Babies Instead of Waiting until We're Old Enough to Decide for Ourselves?," and "During the Lord's Supper, Are We Really Sharing Jesus' Body and Blood?:"	\$14.40 print
Salvation	4	deliverance, healing, forgiveness, and reconciliation	\$14.40 print
Signs of Grace	4	"How Can I Recognize God's Signs?," "What Does My Church Believe About Baptism?," "Why Do We Say We Eat Jesus' Body and Blood?," and "How Do I Know What God Wants Me To Do?"	\$14.40 print
Temptation	6	"What Is Repentance?," "Does Baptism Really Change Anything?," "What's the Big Deal with Turning Stones to Bread?," "Can I Really Trust God?," "Shouldn't Faith Make Things Easy?," and "Are Angels Real . . . Really?"	\$14.40 print
The Bible	4	"Where Did the Bible Come From?," "Why Do We Need So Many Versions of the Bible?," "Do We Take the Bible Literally?," and "Why Does God in the Old Testament Seem to Be Scary and Cruel, While Jesus in the New Testament Is for Peace and Love?"	\$14.40 print
Understanding the Bible	4	"Sixty-Six Books. How Can I Read the Bible to Better Understand God's Word to Me?," "Four Gospels. Why Do Matthew, Mark, Luke, and John Tell the Story of Jesus in Different Ways?," "Twenty-One Letters: How Can I Grow in Faith and Discipleship by Reading Other People's Mail and One Final Vision?," and "Why Is Revelation So Difficult To Understand?"	\$14.40 print
War	4	"Is War a Violation of 'Thou Shall Not Kill'?," "Why Is There So Much Killing in the Bible?," "Is There Ever a Good Reason for War?," and "We Have a Loving God, So Why Is There Hate?"	\$14.40 print

SIMPLE SUNDAYS	# of sessions	TITLE	PRICE
How Can I Know God Accepts Me?	5	"Where We Are Without Christ," "Who We Are With Christ," "Guided toward Acceptance," "Living Our Acceptance," and "Freedom through Christ"	\$10.00 download
What Is Worship?	5	"A Jealous God," "Celebrating God Together," "Sabbath and Seasons," "A Place to Worship," and "How Do We Worship?"	\$10.00 download
What Makes People Equal?	4	"Equally Created in God's Image," "Equally Dependent on God," "Equally Called to Care," and "Seeking Equality by Inviting Everyone to the Table"	\$10.00 download
What Is Good News?	4	"Good News to the Poor," "Good News to the Sick," "Good News to the Brokenhearted," and "Good News to the Outcasts"	\$10.00 download
What Is Idolatry?	4	"Watch Patiently," "The Burning Truth," "Household Gods," and "Dwindling Business"	\$10.00 download
What Is Justice?	3	"Our Defense Rests in God's Grace," "We All Get Paid the Same," and "Neighborhood Watch"	\$10.00 download

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What is the New Life Christ Offers?	4	"Spontaneous Life," "Joyful Life," "Resurrected Life," and "Amazing Life"	\$10.00 download
What is Advent?	4	"God's Promise to Mary," "God's Promise to Simeon," "God's Promise to Anna," and "God's Promise to Isaiah"	\$10.00 download
How Can I Honor God in My Life?	5	"The Power to Examine Ourselves," "The Power to See Ourselves through Other's Eyes," "The Power to Stop Persecution," "The Power to Forgive," and "The Power to Have Faith in God"	\$10.00 download
What are God's Gifts?	4	"Time is of the Essence," "Let Our Talents Employ," "Offering Our Treasures," and "The Priesthood of All Believers: Do We Hear God's Call?"	\$10.00 download
What is a Covenant?	5	covenant relationships, renewal, trust, sharing, and celebrating	\$10.00 download
What Is Love?	4	"Love is a Covenant," "Barriers to Love," "The Riskiness of Love," and "Changed by Love"	\$10.00 download
Who Is God?	4	"Our God Reigns," "The Lord is My Shepherd," "Bread for our Souls," and "Breath of Life"	\$10.00 download
Why Did God Save Me?	4	"Why Me?" "We're in this Together," "I'm Busy - Ask Someone Else," and "Inviting the Outsiders In"	\$10.00 download
Why Do We Thank God?	4	"Filled to Overflowing," "Great Big Gratitude," "A Forgiveness Feast," and "Spread Love"	\$10.00 download

INFORMED	# of sessions	FOCUS of SESSION	PRICE
Bullying: Church as a Safe Place	1	Looking at the faith community's role in the prevention of bullying, this lesson plan explores ways that the church may become a safe place. Ways include recognizing the problem as a shared problem, establishing and maintaining a written Safe Place Covenant, and including young people as part of the solution.	\$5.00 download
Bullying: Speak UP	1	Looking at the story of Esther, this lesson plan empowers participants to overcome the Bystander Effect, by standing up for those who are bullied. It also includes ways to recognize bullying and how to diffuse the situation without resulting in harm.	\$5.00 download
Bullying: Thou Shalt Not Bully	1	Claiming bullying as a justice issue, participants will explore the issue of bullying as something that is unjust and should not be tolerated. This lesson plan also identifies the different ways of bullying and challenges young people to work for God's righteousness in these situations.	\$5.00 download
Our Faithful Response to Peer Pressure	1	Expectations from peers can pressure teens to think, act, and conform in ways that go against their convictions. It even happened in the Bible, when Paul wrote a letter to the church calling out Peter for giving into peer pressure. In this lesson plan, participants will study Paul's letter and explore how to live like God in the face of peer pressure.	\$5.00 download
Positive Peer Influence and the Role of the Faith Community	1	Group norms and expectations can influence an individual's choices and actions. By working together in this lesson, young people will grow as a group that can stand as a source of support and positive influence in the lives of one another. Participants will also be encouraged to examine positive influences in peer groups outside of church.	\$5.00 download

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Alcohol Abuse among Teenagers: Hope and Help for Leaders	article	The human body is created in God’s image. When we fail to care for our bodies or we abuse them, in this case with alcohol, we are rejecting the image of God within us. Alcohol is the most-used drug among teenagers, and leaders should be prepared to discuss the topic. Ways for leaders to respond to alcohol abuse and drinking problems within their youth groups are suggested in this article. Also included, the “dos and don’ts” for setting a good example.	free download
Bullying: How Faith Communities Can Respond	article	Bullying amongst teenagers is not a new problem. The difference today is that technology and social networking create a culture where teens can no longer escape the pressure of bullies. This article helps parents and youth leaders understand the causes of bullying, and offers ideas on how faith communities should respond. It also considers at communication between young people and how to help them connect with one another in meaningful ways.	\$5.00 download
Cross Training	1	In the Bible, sports are occasionally used as metaphors for discipleship. This lesson plan connects the lessons that can be learned by playing a sport with how to constantly be in training as a disciple of Jesus Christ. While this topic will connect with all participants, consider leading this lesson with those who have some kind of background in sports or competition.	\$5.00 download
Gender, Equality, and Diversity	1	God created us as male and female, but God created us first and foremost as human beings. Going beyond the cultural stereotypes of what male and female “should be,” this lesson plan is designed to help youth explore the issues of gender and the Christian understanding of equality and diversity.	free download
The Power of Media: The Message and the Messenger	1	Advertising is full of positive and negative messages, on television and the radio, in magazines, on billboards, and on the Internet, that can frame our understanding of ourselves and our wants and needs. In this lesson, young people will be encouraged to talk about these messages and how they influence identity and self-worth	\$5.00 download
Substance Abuse: Overcoming Temptations	1	Considering the spiritual dimensions of temptation and resistance, young people will learn to seek God’s help when faced with the temptations of drinking alcohol and using illegal drugs. Scripture for this lesson looks at the 40 days that Jesus spent in the wilderness, wrestling with his own temptations.	\$5.00 download
The Teenage Brain: Insights for Parents and Caregivers	article	Recent brain development confirms what parents, caregivers, and youth leaders have always known: young people are prone to acting impulsively and ignoring potential consequences.	free download
The Adolescent Reality	article	Filled with exploration and potential, adolescence is a time of identity formation. Looking at the challenges of young people through brain development, technology, and spiritual development, this article calls readers to accompany young people as they journey through faith and life. Quotes from adolescents are included.	free download

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Being Faithful in Our Digital World	1	Digital devices and multiple media platforms are ever-present forces in the lives of our youth. Looking at Paul's letter to the Christians in Rome, this lesson plan encourages participants to make good choices as they navigate digital media and live lives that are well-pleasing to God.	\$5.00 download
Christ-Centered Listening	1	Too often, we are slow to listen and quick to speak. This lack of listening at the expense of our words can cause painful consequences. This lesson challenges participants to explore and practice active listening skills, as well as embrace the act of listening as a ministry.	\$5.00 download
Grounding Our Decisions in God's Love	1	Making decisions--big and small--can be challenging for young people as they learn to think through the consequences of their actions.	\$5.00 download
Self-Injury: Finding Hope in the Midst of Despair	1	Self-injury is identified as acts of self-harm inflicted on the body in response to anxiety, pain, or stress. Rather than hold in their anxieties or release them through self-injury, this lesson plan encourages youth to give our anxieties to God.	\$5.00 download
A Reformed-Presbyterian Understanding of Human Sexuality	article	A Reformed understanding of sexuality begins with a belief in a God of love that has created us as sexual beings to relate to one another in love. Using biblical and theological principles, as well as Scripture, this article provides guidance and support for educating young people about human sexuality.	free download
An Overview of Eating Disorders	1	The Bible refers to our bodies as temples of the Holy Spirit, and we have to care for them as such. However, images in the media and social forces can lead to a distorted self-image and eating disorders. This lesson provides an overview of the types of eating disorders and gives facts and Scripture dealing with eating disorders.	\$5.00 download
Causes of Eating Disorders and the Concerns They Raise	1	Examine the root causes of eating disorders, behavioral, biological, emotional, psychological, interpersonal, and social factors. and explore how outside influences can distort our self-image, damage our self-esteem, and contribute to eating disorders.	\$5.00 download
Eating Disorders: A Future With Hope	1	Designed to help young people understand what faith says about body image, eating disorders, and a healthy, abundant life, this lesson identifies ways to support and assist those with an eating disorder. It also looks at issues of education and prevention.	\$5.00 download
First Things First	1	Clearing the clutter from earthly possessions and commitments can lead to a life of discipleship. Looking at the Bible stories of two wealthy people--the chief tax collector Zacchaeus and a nameless young ruler--young people will be encouraged to release the clutter that overwhelms them, making Jesus the number one priority in their lives.	\$5.00 download
God's Gift of Human Sexuality	1	Human sexuality and intimacy are gifts from God, foundational elements of who we are as created beings. And while God gives us the freedom to connect with others through these gifts, God expects our relationships to be expressed in loving and responsible ways. Encouraging young people to talk about sexuality and intimacy, this lesson also teaches that intimacy can be established without engaging in sex.	\$5.00 download

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Honesty and Truth Telling	1	As humans, we face the temptation of our own desires that often pull us away from God. In this lesson, young people will examine how the acts of lying, being dishonest, and telling the truth affect our relationships with God, who sees all and knows all--and with others.	\$5.00 download
Human Sexuality: Knowing the Terms and Definitions in the Context of God's Love	article	God's love is essential for full realization of us as sexual beings. To cherish and use God's good gift of sexuality wisely, we need to know as much about ourselves and our sexuality as we can. This article defines these terms of human sexuality in the context of God's love: sensuality, intimacy, sexual identity, reproduction, and sexualism.	free download
Necessary Conversations: The Church's Ministry in Adolescent Development	article	Young people learn about human development and sexuality from a number of places--family, friends, television, social media--and the church must be one of these sources. This article encourages the church to act as a touchstone--a steadfast, loving, and theological reminder guiding young people as they navigate the regions of human development and sexuality.	free download
Our Bodies as God's Good Creation	1	God created us as total persons--body, mind, and spirit--and called this creation very good. In this lesson, young people will look at and discuss cultural messages about body image, while celebrating the good bodies that God has created and given to us. Also included in this lesson: amazing facts about the human body.	\$5.00 download
Practicing Shalom: Developing Healthy Attitudes Toward Food and Body	article	Anything that disrupts life in shalom--harmony with God, with our bodies, and with the earth--is both a spiritual and a physical problem, and requires both spiritual and physical solutions. This article reveals how this disruption affects our relationship with God. Also explored: how we can praise God through exercising, eating healthily, and practicing stewardship toward our bodies.	free download
Principles, Values, and Assumptions for a Faith-Based Course on Human Sexuality	article	The church must acknowledge that it has a set of values about human sexuality to convey when designing a faith-based course on human sexuality for young people. Offering basic principles, values, and assumptions about human sexuality, this article will guide your church in preparing a faith-based course that is centered on Reformed theological teachings.	free download