

**WEEK 3**  
LESSON GUIDE

**RESTART**

**BIG IDEA**

When you feel stuck,  
*God wants to give you guidance.*

**BIBLE**

Matthew 20:29–34;  
Psalm 34:4–8; 24:4,5

**ABOUT THIS WEEK**

Have you ever played a video game and wished you could call out for someone to help you? This week, we'll see what happened when two blind men called out to Jesus when they needed help with their situation. From the story of their faith and trust in Jesus, you can remember **when you feel stuck, God gives you guidance.**

*WHAT? What are we talking about today?*

**IMAGE | A Rage Quit GIF of Your Choice**

- Have you ever felt so stuck on a game you know is beatable, but it is so irritating, maddening, and frustrating that we can relate to feeling like this?
- **INSTRUCTIONS:** As a teaching tool, show a GIF reaction on screen, like one of [these](#). For more information on how to legally use copyrighted material for educational purposes, [read this!](#)
- If we've been stuck on a level in a video game for a long time, we can understand the rage quit. Rage quitting is when you stop playing a video game that has become beyond frustrating in the angriest way possible.
- If there weren't massive consequences, aren't there so many moments in our lives where we think it would be so satisfying to rage quit? Imagine quitting right before that final science project is due, or before you have to run that last lap in gym class, or just before that friendship takes one more wrong turn.
- Rage quitting on a video game isn't great, but imagine we did this in real life. Would rage quitting on a friend give us the desired outcome we all want from a friendship? If we rage quit school, would that cause us to win in the end? But that doesn't change the fact we feel stuck. If rage quitting isn't the answer, what is?

**DISCUSSION**

- **INSTRUCTIONS:** If you have more than 15 students, skip this discussion and save it for small groups.
  - What's the most frustrated you've gotten during a video game?
  - What is one relationship or circumstance where you currently feel stuck?

*SO WHAT? Why does it matter to God and to us?*

**SCRIPTURE | Matthew 20:29–30**

- In the book of Matthew, there's a story about Jesus showing up and offering help to two guys in a tough spot. But Jesus doesn't leave them stuck. He helps!
- **INSTRUCTIONS:** Read Matthew 20:29–34.

- In this story, Jesus was spending time with two men who were blind. Their options were limited because their culture didn't offer resources to help them live with respect and dignity. Sadly, people who were blind were often ignored, and unless they had family members with money to rely on, they were reduced to begging on the side of the road.
- These two men heard Jesus coming their way and shouted to get his attention, and they must have been calling out for a while because the Bible says the crowd told them to be quiet.
  - More than the crowd being frustrated, I wonder how frustrated these two men were. How long had they been waiting for someone to notice them, for someone to show up, and to see them not just as outcasts but as people who mattered?
  - The two men called out to Jesus, calling him "Lord" and "Son of David." They don't say, "Hey dude, we're over here!" There's purpose and significance in the names they call Jesus because it shows these two men believed Jesus had the power to help them.
  - Calling Jesus "Lord" would connect them with a power they didn't have. They recognized in Jesus someone who could change their world. It could get them out of the unfortunate situation they had been in their whole lives and connect them with the help they'd always wanted.
- After all the miracles we've seen Jesus do by this point in Matthew, it makes sense to call him "Lord," but what's up with the name "Son of David?" The two men may have been blind, but that didn't stop them from knowing God's story. Even though society saw them as outcasts, they still knew God did great things from one generation to the next.
  - Many would have underestimated them, but they knew in the Old Testament that God's people were promised a king from the same family as King David, the same David who fought the giant Goliath, but this king would be greater than him.
  - He would be a king who included people who were left out, a king who would show up for people who needed help. The son of David would be their great rescuer. Their savior.
- The two men in this story believed Jesus was this king with the power to help them get unstuck. And if we call out to Jesus and ask him for help, he can help us get unstuck, too.

## DISCUSSION

- **INSTRUCTIONS:** *If you have more than 15 students, skip this discussion and save it for small groups. If you conduct this discussion, the starred questions are designed for high schoolers, so you may want to skip them for middle schoolers.*
  - **\*How would you describe the difference between being stuck and just being somewhere you don't want to be?**
  - **\*Why do you think Jesus asked, "What do you want me to do for you," even though it is obvious? Why do you think he does this?**

## IMAGE | A Picture of a Map from *Zelda: Tears of the Kingdom*

- Have you ever been in a spot where you are exploring a map in a game, and you can't find your way through? Maybe you recently played *Zelda* and had a moment like that.
- **INSTRUCTIONS:** *As a teaching tool, show a dungeon from the latest *Zelda* game, *Tears of the Kingdom*, like [this one](#). For more information on how to legally use copyrighted material for educational purposes, [read this!](#)*
  - In *Zelda*, your character Link often needs to go into a dungeon to get to the next stage of the game. But dungeons are confusing, and even if you have a map telling you where to go, you can get lost, and creatures trying to eat you make it even more difficult.
  - Having someone help you navigate the dungeon can come in clutch when things get tricky. It isn't fun if they play the game for you, but it can be a game-saver when they help you understand what's coming and are invested in getting you through. This is similar to what happens in our lives. We need someone who can guide us—someone with abilities greater than ours to get unstuck.
- Did you notice that Jesus asked, "What do you want me to do for you?" Isn't this a beautiful way to ask a question? Jesus guided these two men by helping them be honest about their needs and wants.
  - Their honesty and transparency show they trusted Jesus wouldn't walk away when they admitted they were stuck and needed help. What if we trusted him just like these two men did?

- They were stuck and unable to do anything except cry out for help. One of the incredible things about Jesus is that he isn't frustrated with us when we ask for help. God doesn't get uncomfortable. Jesus will enter any dungeon to help us.
- Jesus finds them, goes to them, and does the same thing for us when we are stuck. Jesus sees us and guides us. We don't have to search through the dungeons of life daily for him. It is the opposite. Jesus will fight through the darkness of the dungeons we are in to come and find us. All we need to do is call out to him and ask for help.
- It might feel difficult to admit we need help. But with a simple question, Jesus invites us to come out and say what we need. When we are honest like this, it opens us to receive the help from Jesus we need and permits him to work in our lives. Jesus will always guide us when we call out to him. That's why he can be our go-to when we're stuck.
  - When you are stuck in your friendships, go to God.
  - When you are stuck on a tough decision, go to God.
  - When you've messed up and are stuck on what to do next, go to God.

### DISCUSSION

- **INSTRUCTIONS:** *If you have more than 15 students, skip this discussion and save it for small groups. If you conduct this discussion, the starred questions are designed for high schoolers, so you may want to skip them for middle schoolers.*
  - **If Jesus asked you right now, "What is it you want from me?" how would you respond?**
  - **\*How does knowing Jesus hears and answers you change or challenge the way you follow him?**

### SCRIPTURE | Psalm 34:4-8

- When we feel stuck, going to God for guidance isn't a sign of weakness or not having everything together. It doesn't mean we lack faith or we are failures. It shows we trust God to help us because we have seen how trustworthy God is.
- The poets who wrote the Psalms understood and wrote about this. Their poems talk about how God helped the people of Israel through some of the most challenging moments in their lives.
- **INSTRUCTIONS:** *Read Psalm 34:4-8*
- When we feel stuck, we can look to God's words and see they guide us through all sorts of troubles.
  - If we feel shame for something that's happened to us or we have done ... God can guide us through.
  - God can guide us through troubles outside our control. When we are stuck because harm is coming our way and we don't see how to avoid it, God will guide us. As the Psalm says, "God is our refuge and strength."
- No matter what kind of situation you find yourself in, no matter how stuck you might feel, **when you feel stuck, God wants to give you guidance.**

*NOW WHAT? What does God want us to do about it?*

### OBJECT LESSON | Restart Button

- These stories show us we can go to God when we're stuck. But what does it look like to go to God when we need a restart? Here are a few ways you can ask God for guidance this week.
- **INSTRUCTIONS:** *Before your teaching time, set up the restart button you decided to use throughout this series. Head to the "Restart Button Object Lesson" module in Week One for suggestions on how to build a restart button for this module. At the end of this teaching section, hit the restart button. As you are teaching, say ...*
  - **TALK TO GOD:** God already knows you're stuck, but because God loves and wants to have a friendship with you, God wants to talk with you about it. Start the conversation about how you feel stuck. There is no shame in it. Don't wait till things are out of control. God wants to help. Just ask for it.
  - **TRUST GOD TO GUIDE YOU:** I'm sure we have all asked for help before, and someone we thought we could trust flaked on us. God won't ever do that to us. Whether reading the Bible, praying, talking to trusted friends for wisdom, or any other way you connect with God, we can trust God for

guidance. Believe Jesus is the one who can help you no matter how you are stuck, and call out to him this week.

- **PUT GOD'S GUIDANCE INTO PRACTICE NO MATTER WHAT:** Sometimes, getting unstuck will be difficult. The path out of our situation may take time, energy, and a lot of honesty. There may be moments when you don't want to keep following God's guidance, but God is with you and is your refuge and strength when things get tough. Pre-commit to follow through on where God is taking you no matter how hard it seems. God has your best in mind. Keep following what God says even when it's tough because **when you feel stuck, God wants to give you guidance.**

### DISCUSSION

- **INSTRUCTIONS:** *If you have more than 15 students, skip this discussion and save it for small groups. If you conduct this discussion, the starred questions are designed for high schoolers, so you may want to skip them for middle schoolers.*
  - **If there is a place you currently feel stuck, what would it look like to get unstuck?**
  - **\*How can you tell the difference between being stuck because of circumstances outside of your control and feeling stuck because you don't want to do the hard work to get yourself out of a mess you made?**

### REFLECTION | God Is Our Refuge And Strength

- We're going to spend time thinking about the places we feel stuck. Take some time to write down at least one way you feel stuck—but it is okay if it is more. Once you're done reflecting, fold up your paper and write "God is our refuge and strength" on the outside.
- **INSTRUCTIONS:** *For this reflection, you'll need the [handout for this week's teaching](#) and writing utensils. Place one under each chair with something to write with. To conclude your reflection time, read Psalm 34:4–8.*
- The things you wrote can feel heavy and leave you stuck, but God is our refuge and strength. Remember, **when you feel stuck, God gives you guidance.**

### DISCUSSION

- **INSTRUCTIONS:** *If you have more than 15 students, skip this discussion and save it for small groups.*
  - **Read Psalm 24:4–5. How can you recognize the difference between God's guidance and other advice we might be given that can't be as trusted?**
  - **When you feel stuck, who's one person you can ask to remind you that God will guide you?**

### MUSIC | "Not Scared Here/Swing Low" (Tim Coons)

- **INSTRUCTIONS:** *For the following reflection, play the song "Not Scared Here/Swing Low" by Tim Coons but make sure you have purchased any licenses required to do so. For more information, [read this!](#) [Here's a link](#) to preview the song for your personal use.*

### RESPONSE | Refuge Stones

- When you feel stuck in life, it's important to remember where to turn for help. You can talk to Jesus today and ask for guidance.
- **INSTRUCTIONS:** *For this response time, you will need a wooden cross, push pins, reflections from the "God is our Refuge and Strength" module, [rocks](#), and permanent markers. Before your program, set up the cross in the room where everyone can access it. To respond, invite the group to bring their reflections and pin them to the cross. Then, have them write "Psalm 34:4–8" on a rock to take home and put in a place where they can remember that God is their refuge and strength. Then, have teens quietly pray, asking God for help and guidance.*
- Jesus wants to give you help in any area where you feel stuck. He's here for you and sees you. He notices you and is here to help. Take a cue from the two men in Matthew who cried out to Jesus and do the same. Put this rock in place to remind you this week that God is a safe refuge you can go to where, **when you feel stuck, God wants to give you guidance.**